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# PelhamNEWS

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## ■ COUNCIL

## EU trade deal could affect Pelham's purchases

WAYNE CAMPBELL  
PelhamNEWS Staff

A trade deal between Canada and the European Union could affect Pelham taxpayers and businesses.

In a presentation to town council last week, Heather Kelley, vice-president of the Niagara Regional Labour Council, said the Comprehensive Economic Trade Agreement (CETA) could limit town council decisions.

see TRADE | page 2

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## ■ CULTURE FEST: Sixty year for St. Alexander

## Students linked to the world



WAYNE CAMPBELL Staff Photo

Grade 2 students Jessica Zanuttini and Abby Zuidersma celebrate their Dutch heritage during Culture Fest at St. Alexander Catholic School in Fonthill. It's the sixth year for the celebration. Students this year represented 15 countries.

WAYNE CAMPBELL  
PelhamNEWS Staff

For six years, Grade 2 students at St. Alexander Catholic School have learned about the world by learning about their families.

Through Culture Fest, the students interview their parents, grandparents, aunts and uncles about their heritage.

In most cases, they hear about the "old country" that their parents, grandparents or great grandparents came from.

For Culture Fest, they dress up in costumes, serve cultural snacks and construct displays highlighting their heritage.

The display boards, models and flags lined the school's gymnasium as the students explain what they learn to visitors and classes of older students as they tour the countries.

Jessica Zanuttini and Abby Zuidersma talked to their parents and grandparents to learn about the Netherlands.

Victor Kelenda had lots of sources for his project on Hungary. Everyone in his family jumped in.

see CULTURE FEST | page 2

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# upfront

## ■ TRADE

# Niagara Regional Labour Council urges action

FROM PAGE 2

"We believe that CETA as it is currently contemplated would negatively restrict the ability of the town council, its area municipalities and other public institutions within Niagara to make the procurement decisions necessary to revive the manufacturing economy in the area," she said.

"Local businesses and unions are encouraging municipalities, hospitals, school boards, libraries, power and water utilities and other area institutions to buy local whenever possible."

"Currently, procurement practices tend to be open and transparent but municipalities still have the power to ensure calls for tenders require some proportion of goods and services to meet some local benefit," Kelly said.

"It has been reported that the CETA would apply to all municipal contracts above thresholds of \$300,000 for goods and services and \$8 million for construction."

The deal, she said, would give the largest Canadian and European corporations access to the largest munic-

**Municipalities still have the power to ensure calls for tenders require some proportion of goods and services to meet some local benefit."**

Heather Kelly,  
vice-president of the Niagara  
Regional Labour Council

ipal contracts. It could lead to foreign control of local utilities and long delays in tendering for projects.

The labour council asked town council to support a resolution seeking "a clear, permanent exemptions" for the Niagara Region, Pelham, area municipalities, hospitals, municipalities, school board, universities and other agencies "to use public procurement, services and investment tools to create local jobs, protect the environment and support local development."

Town council received the resolution and referred it to town staff for a report.

Later in the meeting it passed a bylaw covering

procurement policies and procedures. The 51-page policy includes steps to buy goods and services for the town.

It refers to trade agreements including the North American Free Trade Agreements and an Ontario-Quebec deal.

In the document it says: "Where an applicable trade agreement supersedes and is in conflict with this policy, the trade agreement shall take precedence."

Canada and the EU are in the ninth round of negotiations, which began in 2008, on the Comprehensive Economic Trade Agreement.

Foreign Affairs and International Trade Canada said on its web site "Both Canada and the EU are committed to maintaining the momentum of the negotiations thus far with the aim of concluding in 2012."

The 27-member EU is Canada's second largest trading partner after the United States.

"In 2010, Canadian goods and services exports to the EU totalled \$49.1 billion, and imports from the EU amounted to \$55.2 billion."

## ■ CULTURE FEST



WAYNE CAMPBELL Staff Photo

Kathleen Phelan tries Hungarian salami on bread at Grade 2 student Victor Kelenda's Hungarian exhibit during Culture Fest at St. Alexander Catholic School Wednesday. Phelan came to see her granddaughter's display on their Italian Heritage.

# Students go international

FROM PAGE 2

"I'm the first born in Canada," he explained.

Kathleen Phelan, stopped at his booth to sample his Hungarian sausage on bread. She was visiting her granddaughters Italian exhibit.

About 16 countries, including England, Scotland and Ireland, Trinidad and Tobago, the Philippines and Germany, were represented.

One display outlined a Canadian aboriginal background of a student.

Grade 2 teachers Tracy Goodwin and Venessa Serravalle said the Culture Fest project is a good way to introduce the children other parts of the world by tying it in with their own families.

"It helps them to relate," said Goodwin.

"They quickly realize they

have a personal relationship," said Serravalle as they explore the food, music, legends, and personal stories of their past.

The Culture Fest is popular with parents, grandparents and friends who tour the exhibits carrying a passport they received at the door of the school gymnasium. Each exhibitor "stamps" the passports with a sticker.

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# tempo

■ **ENVIRONMENT:** 78,647 plastic bottles diverted by water stations

## Crossley takes pledge on bottled free water day

WAYNE CAMPBELL  
PelhamNEWS Staff

E.L. Crossley students rose to the challenges and took the pledge on Bottled Water Free Day 2012.

During the lunch break last week, members of the EARTH (Environmental Advocates Ready To Help) club launched Project Flow. It encourages fellow students to take a pledge to avoid single-use plastic water bottles.

In exchange, their names were entered into a draw for a stainless steel Klean Kanteen water bottles.

Students also took on challenges to build a tower of water bottles within a minute or to estimate the number of plastic water bottles it would take to fill the cafeteria. There was also a

poster contest on a theme of promoting a more sustainable lifestyle.

EARTH member Alexandra Watson said the club had 25 stainless steel bottles to award as prizes in Project Flow.

It was an R4R Water Action Project supported by a \$500 grant from Project Flow, a Learning for a Sustainable Future program. LSF is a non-profit Canadian organization created to integrate sustainability education into Canada's education system.

Emma Giesbrecht, who signed the pledge, said she already uses reusable water bottles especially during sports training and games.

"I'm entering because I need a new one."

Over the past few years, Crossley students have

taken to the water campaign, said teacher and club adviser Sharon Keller.

The EARTH club has promoted the use of reusable bottles since it started to sell Klean Kanteens as a club fundraiser.

"They are still among the best," said Keller.

In January 2011, the school put in its first EZH2O bottle filling station. The combination chilled-water fountain and bottle refiller measures the number of plastic water bottles its use replaces. The number, which changes with each filling, is displayed on a digital screen.

In essence, it diverts plastic water bottles from landfill sites and encourages drinking of municipal water.

Crossley now has three filling stations and, with the help of a \$1,000 Speak Up grant, it will install a fourth in the next month.

As of March 6, the stations have diverted 78,647 plastic bottles, said Keller.

"It increases every day," she said.

The water stations have become popular with the school's 800 students who compete to fill their bottles at benchmark settings such as 1,000, 10,000 and so on.

Keller said. With a water station beside the gymnasium, community groups are also fill bottles when they use the gym.

Plastic water bottles are still sold at Crossley. In fact, dispensing machines are beside the water station outside of the school's gym and near one in the cafeteria.

But Keller said you see the difference in the weekly recycling bins.

When the EARTH club tried to find enough plastic



WAYNE CAMPBELL Staff Photos

ABOVE: Alexandra Watson, left, of the E.L. Crossley Secondary School EARTH club persuades Emma Giesbrecht to sign a pledge to use reusable water bottles. It was part of Bottled Water Free Day at the high school Wednesday. Those who signed the pledge were eligible for a draw for a stainless steel Klean Kanteen water bottle. Giesbrecht, an athlete at the high school, said she already uses reusable water bottles but needed a new one.

RIGHT: Cullen Dekker has one minute to build a tower of plastic water bottles. The highest tower builder won a stainless steel Klean Kanteen water bottle.



water bottles to fill a large recycling bin for the cafeteria challenge, it couldn't find enough. It used a smaller blue bin.

Crossley has set an example for the District School Board of Niagara.

Keller said about 25 schools in the system now

have stations. A new one was installed at Glenn A. Green Public School in Fonthill last month.

She has received inquiries from other school boards and last week one came from a Winnipeg teacher, who read a news story about the first Crossley station.

The EARTH club has carried other environmental projects around the school including planting trees and gardens.

It surveyed the school to find unnecessary lighting in preparation for Earth Hour, an international demonstration to reduce energy use.



WAYNE CAMPBELL Staff Photos

Aaron Walid uses a calculator to figure out how many plastic water bottles it would take to fill the cafeteria at E.L. Crossley. The sample tote has 75 plastic bottles. Given the dimensions of the tote, it would be 1,677.84 cubic metres.

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## perspective



**Wayne Campbell**  
EDITOR

## Summerfest now four days long

Summerfest, a one-day street party in 2011, will become a four-day festival in 2012 from July 19-22.

The party last July, celebrated the end of reconstruction of Pelham St.

Organizers closed the street to erect a stage, to fence in a beer corner, to toss out patio seating in front of restaurants and to take advantage of changes in Ontario's liquor laws allowing for wandering shoppers.

In its first round, the Saturday event included children's entertainment, walking and running events, bike rides, safety lessons, vendors and business promotions.

This year, the one-day bash will turn into a four-day extravaganza, as pointed out by Ward Coun. Gary Accursi, at last week's meeting. He represents town council on the Summerfest organizing committee.

Summerfest will stretch out to include the Thursday evening Pelham Farmers Market and Fonthill Bandshell concert series.

It will feature a four-day art show, a Friday night of the arts, and a Friday VIP gala.

On Saturday, July 21, the activities will resemble last summer's party with something for everyone from kids to artists to vendors, drinkers and entertainers.

Sunday will include a community brunch, bandshell music and climax of the art show.

Planning, of course, is continuing with the Summerfest committee meeting every couple of weeks.

However, it looks like the momentum will be enough to develop a signature — to use a cliché — a festival for Pelham.

It will be a cozy production. It ties in our already popular farmers market and bandshell concerts with an outdoor art show and a day of a community friendly to walking, running and cycling.

Tell your friends and relatives to come for the weekend.

# Comment Carbage tag fee hiked

Regional Council approved an increase to the garbage tag fee from \$1 to \$2 effective April 30. Some may think that this was done to raise revenues. In fact, if the fee remained at \$1 the anticipated 2012 revenue would be \$320,000; hiking the fee to \$2 would see the revenue fall to \$265,000.

The motivator here is to increase the amount of diversion from the waste stream into recyclables and compostables.

While green bags are the common containers set out at the curbside, many homeowners have found that the large Rubbermaid style containers meet the one container



**Brian Baty**  
REGIONAL COUNCIL VICE

limit but have greater capacity than the green bags.

In our household, we have become pretty effective at sorting material and are down to less than half a container of garbage most weeks of the year. It appears that most of Pelham residents also support this need to recycle and compost.

While it must be a messy job,

regional staff randomly pick up and open "garbage" containers to analyze the contents.

As you know, we have seen the implementation of the new level of service over the last year. While the garbage container has been limited to one per week, the grey box, blue box and green bin pickup has no limits and all containers can be placed out every week; eliminating the confusion over which week it is.

During two waste audits the number of garbage containers dropped from 725 to 571. During those same audits the green bin usage increased more than 6% and the recyclable boxes increased more than 3%.

While these test results are positive there still is more that we can do.

Analysis of garbage containers shows that we still have six to seven percent of the materials in the garbage that should be in the blue or grey boxes. The "yucky" stuff that should be in the green bin accounts for more than 50% that continues to remain in the garbage.

Whether you backyard compost or use the green bin, elimination of compostables from the garbage is the key to environmental sustainability.

Given this information, if you still are concerned about the increase in fees, you may be more accepting in that the fee has not changed since 1996. The store where tags are purchased will continue to get a 20 cent fee for each tag sold and the tag fee barely covers the actual cost of processing. Several other communities were surveyed and tag fees range from \$1 to \$3.10 with many communities looking to increase tag fees in the near future.

On April 30, you need to put two bag tags on extra garbage or one of the new coloured \$2 tags.

Brian Baty is a Niagara Regional Councillor for the Town of Pelham. [brian.baty@niagararegion.ca](mailto:brian.baty@niagararegion.ca)

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## Cracking down on human trafficking and human smuggling

Canada is known for its generous and fair immigration and refugee system. We open our doors to new Canadians who wish to live a better life in our country and who will work hard, play by the rules, and contribute to society. However, such a generous system makes us a target for illegal activities such as human trafficking and human smuggling.

These two crimes are sometimes confused with one another. Human trafficking is often described as a modern form of slavery. It involves the transporting of people for the purpose of exploitation, typically for sexual mistreatment or forced labour.

Human smuggling usually involves an agreed upon payment in return for the crossing of people by way of an illegal vessel into another country. Unlike trafficking victims, the smuggled person usually consents to the activity — meaning the relationship can be compared to a voluntary business transaction.

Not only are human trafficking and human smuggling illegal, the two



**Dean Allison**  
FROM THE HILL

types of criminal activity also victimize refugees who seek to come to Canada the right and legal way. These crimes will not be tolerated in our generous country.

Our government is taking action to stop the abuse and provide support to victims of these crimes. As part of the Safe Streets and Communities Act — a collection of ten bills that were stalled or completely blocked by the opposition in the previous Parliament, we included the Preventing the Trafficking, Abuse and Exploitation of Vulnerable Immigrants Act. This legislation will authorize immigration officers to refuse work permits to the vulnerable when it's deemed they are at risk of degradation, sexual exploitation and forced labour.

In addition, as promised in our 2011 election platform, our Government will work on developing and implementing a "National Action Plan to Combat Human Trafficking". A countrywide, targeted response to this growing crime is needed to ensure that Canada progresses toward eliminating it for good. Also, we will take action to support organizations providing assistance to victims of this terrible abuse.

In fact, we already launched two national anti-trafficking awareness campaigns, "Blue Birdland" and "I'm Not for Sale" in 2010. The first initiative is to raise public awareness of the potential dangers of human trafficking, and to provide information to the public on how to use the Crime Stoppers national tip line to anonymously report suspected cases.

The "I'm Not for Sale" campaign involves the development of posters to encourage only the public, but also potential victims.

And finally, we have made supporting victims a priority. In

November 2010, we launched the national "Victims Matter" campaign, aimed at helping victims of human trafficking, their families and those who support them. The campaign aired on television, on the Internet, and in print.

Meanwhile, our government also stands firmly in the belief that human smuggling operations have to stop. We will no longer let these criminals take advantage of our generous immigration system. We have reintroduced legislation that will prosecute smuggling operations, deter illegal migrants from resorting to such measures, and maintain the integrity and fairness of our immigration system.

Canada's approach to these despicable crimes is that they will not be tolerated. For too long, criminals have been taking advantage of innocent migrants and our generous country. Victims and their families can count on our Government to provide long-term support, and to work for the integrity of our immigration system.



## LIBRARY EVENTS

**Making It Through Menopause** Dealing with hot flashes, forgetfulness & mood swings. Decreasing the risk of fracture due to osteoporosis. Ladies, let's get together & talk! **hormones! Natalie, a Physician Assistant** student from McMaster University will be here to answer questions & provide info on the risks of hormone therapy, relief from symptoms and what really is going on with your body! **Wednesday, March 21 at 6:30, \$2.00.** Please register ahead.

**Great Book Sale** Opens Tuesday, March 27 at 9:30 a.m. Closes Saturday, March 31 at 1:00 p.m. Great deals! Fill a library bag for \$16.00. Books, puzzles, novels, games, and more! Open during regular library hours. **Final Saturday is Bargain Day!** Fill a grocery bag for \$2.00 (some restrictions apply).

**Sony E-reader** Learn step by step how to download and use the Pelham Public Library's Overdrive e-books on a Sony E-reader. You must have basic computer skills. A laptop computer will be provided. Please bring your Sony, your email address and a Pelham Public Library card in good standing. **Mar. 29th at 10:00 a.m. or Mar. 29th at 2:00 p.m.** Register ahead in person. \$5.

**Katie Ward Meets Laura Secord - A Super Unnatural Fairytale** - Fourteen-year-old Katie is really looking forward to her summer. She is thrilled to have been hired as a tour guide at the Laura Secord Homestead in Queenston. This is just the beginning of an adventure

that will change her life! **Maja Bannerman, playwright, poet, actress, musician and tour guide** plays Katie as part of Pelham Library's 1812 Commemorations. **Tuesday, April 3 at 7:30 p.m.** All ages. \$5 per person. Please register ahead.

**"Tell Your Tale" Storytelling for Seniors** Do you have a story to tell? Want to get in touch with your creative side or try your hand at performing in front of a small audience? Then this fun course is for you! Writing, editing and storytelling... these classes have it all! To celebrate your hard work, there will be a public presentation of your skits and scripts as a library fundraiser in June. **Tuesdays starting April 3, 10 p.m.-11:30 p.m., \$5.00 per person for the 10-class course.** Please register ahead \* Note: there is no class on May 24th

**Book Buzz** Be the first to hear about new releases, the next book in your favourite author's series and the "buzz" about the next potential bestseller. Pelham Public Library's "lit chicks" will sneak titles out of the catalogues' lair for these sessions. **Wednesday.**

**Sock-mania Knitting Class** Sock-mania is back! Do you knit but have never tried making socks? This class is for you. Learn basic sock construction from the cuff down. **Elaine Anderson, sock addict,** will take you through the steps to create a mini sock. **Thursdays - May 10 - 7:30 - 9:00.** Register ahead in person. \$50.00. Check for list of materials you will need at time of registration. Knitting experience is required.

## ■ LAMPMANS BACKING GREAT KIDS



VICTORIA GRAY Staff Photo

Tribune circulation manager, Karin Vanderzee, left, acknowledges Lampmans Furniture, represented by co-owner, Glen Muir as a Bronze Level Sponsor for the 2012 Search for Great Kids. Twenty-four youth will be honoured for their acts of kindness, personal achievement or ability to overcome challenges at the seventh annual Great Kids Awards Gala on April 29th. Of the 24, six individuals will receive a \$500 RESP from Meridian Credit Union. Nomination forms are available inside The Tribune, sponsor locations or [www.wellandtribune.ca](http://www.wellandtribune.ca). Nominations will be accepted until March 16.

## Over 100,000 people have trusted their vision to Lasik Provision

DR. ANDREW M. TAYLOR  
A.B., F.R.C.S.C., F.R.C.S. (Ed.)  
Ophthalmologist  
Lasik and Refractive Surgeon

Dr. Andrew Taylor knows how challenging it can be for consumers, deciding on laser vision correction procedures. Understandably anyone would be confused by the wide range of fees associated with laser eye surgery. Some centers are offering prices as low as \$299 per eye with no money guarantees. Consumers have caught on to the fact that these fees are never really as low as they seem. If you can't trust the advertised price, then how can you trust that person to perform your surgery? These are your eyes, and the best guarantee in laser eye surgery comes directly from your surgeon, equipment and the professionals staff that support you.

Many consumers now realize the tangible economic benefit of laser vision correction. If you are a contact lens wearer the average monthly cost for contacts and solutions can range from \$75-\$100 dollars. This represents an annual cost of roughly \$1,500 dollars since most patients require a pack of glasses every 12-14 months. One has typically spent about \$7,500 dollars on contacts over the past 5 years and will have similar cost over the next 5 years to look forward to. In fact patients are actually financing their vision correction needs. The effect of look can last as little as five months or treatment more cost efficient.

At Lasik Provision, laser vision correction is viewed as an art form. Dr. Andrew Taylor has hand selected an experienced team of individuals who are consistently striving to provide the finest in all aspects of your laser experience. Dr. Andrew Taylor will personally perform your laser eye surgery. He has been serving the residents of North Western Ontario and the Northern United States for over 20 years. He can drive you to a personal experience of having performed over 100,000 successful laser procedures to achieve the results you desire. Lasik Provision has extensive technology and Dr. Andrew Taylor has personally used every major laser platform that is used in North America today. He lectures internationally in the field of laser eye surgery and on laser platforms. He is involved in the regulatory studies for the approval of new devices and procedures. Dr. Andrew Taylor has chosen the Zeiss

ME80 EXCEL laser and the VisuMax Femtosecond Laser as his preferred platform. Carl Zeiss is internationally recognized for their expertise in optics, their lenses are being used in the new you use at home in your cameras. Carl Zeiss Meditec utilizes advanced engineering profiles which produce superior, predictable refractive outcomes which is what you want as a refractive eye patient.

The Zeiss ME80 EXCEL laser creates every eye with Wavefront technology. This is one of the fastest in the world. It uses real eye tracking for accuracy and correction. It also uses aberration-optimized algorithms to reduce the incidence of night vision. Visual quality and stability is unsurpassed with the Carl Zeiss laser platform. The ME80 EXCEL has the newest technology providing correction for the presbyopic population. It is known as Zeiss BLUEND VISION, and is based on the principle of micro-monovision. It allows the eyes to maintain different focusing depths. Two eyes are corrected for intermediate distance at all times with one eye having a range of vision extending to distance and the other eye having a range of vision extending to near. This creates a blended range of near vision across all visual fields, near, intermediate and far. The laser reshapes the cornea using different power zones to create useful spherical aberration; making the image deeper between the two eyes so that the brain doesn't notice which eye it is using for far and near. This is the most exciting device to laser eye surgery today, treating bid age eyes.

Lasik Provision is using the Carl Zeiss Meditec VisuMax Femtosecond laser for all flap creation in laser eye surgery. Dr. Andrew Taylor is now only performing completely bladeless laser procedures. It provides maximum safety and comfort for the patients. It creates a thinner flap, allowing patients with thinner corneas an opportunity to have the potential for look. It uses minimal energy, allowing more precision and less tissue disruption and therefore faster healing.

Your eyes are precious and Dr. Andrew Taylor looks forward to providing you with a level and care that exceeds your expectations. Life is not meant to be viewed through glasses or contact lenses. It is about freedom. With these new technological breakthroughs, there has never been a better and safer time to experience the freedom so many millions of people have enjoyed with laser eye surgery.

On behalf of the entire staff at Lasik Provision we look forward to working with you.

To obtain additional information or to book your FREE consultation please contact our refractive counsellors at 1-888-510-2020 or 905-371-3217.

You may visit our website at [www.lasikprovision.com](http://www.lasikprovision.com)

Jim, Police Officer

"Thanks, glasses and contacts in the last day were a huge relief. In wearing retinoscopic outdoors my glasses would fog up or come off in moisture from rain or sweat, and contact lenses would dry out before the end of a twelve hour shift. I was sceptical about the whole Lasik process but Dr. Taylor and his staff were very knowledgeable and reassured I could have successful five years ago. I have had no complications and work I could have been the perpetrator accepted at the end of my career.

The clarity with which I can see is remarkable. It is unbelievable that such a short surgical procedure with minimal discomfort can produce such results. I highly recommend Lasik Provision to colleagues, family and friends and would encourage anyone who struggles with glasses and contacts to attempt for a consultation."

Barb, Optometrist

"I am thrilled with the vision sharpness and stability since having laser eye surgery with Dr. Taylor. I have realised me to work more efficiently without having to put glasses on and off all the time. I am very grateful for Dr. Taylor's skills and professionalism for treating my eyes."

Fatima, Youth Worker

"I am writing this to express my full gratitude and appreciation for Dr. Taylor and the entire staff, having been successful Lasik surgery performed with absolutely no complications whatsoever. I was not only impressed and overawed with the expertise, professionalism, and courtesy but I received from every single person that I came into contact with during the course of that day."

Don, Workplace Safety & Insurance Specialist

"I have referred to it as a minor miracle! After many years of wearing irritating contact lenses and also needing reading glasses, I have now thrown them all away! With my previously blurred vision I now see clearly near and far. I am absolutely thrilled with the results!"

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■ **MARCH BREAK:** History of maple syrup making leaves sweet tooth with a mouthful of knowledge

# Sugar bush offers sweet taste of spring

VICTORIA GRAY  
PelhamNEWS Staff

One of Canada's sweetest pieces of history comes alive this March break.

Agape Valley Sugar Bush, on Kilman Rd. in Pelham, gives children of all ages and adults an opportunity to learn about the history of maple syrup and how it's made today in a fun-filled environment.

Steve Dube, volunteer co-ordinator at Agape Valley, said many people don't know

how maple syrup is processed and its sugar content.

"If you haven't been here, you will really enjoy it. We make it fun for the kids," he said. "I love maple syrup and it's great to gain that knowledge of our history."

Parking and admission are free, though any donations go toward Agape's summer Bible camp programs.

Visitors to Agape can eat a hearty pancake breakfast, topped with Agape's very own syrup, along with sausages and eggs. After breakfast visi-

**Learning the process helps me appreciate the value and work put into the process of maple syrup."**

Steve Dube, volunteer co-ordinator at Agape Valley

tors can enjoy a hayride to the sugar bush and take a guided tour that explains how Native Americans made syrup and

how the volunteers at Agape make it today.

"The technology today allows us to make it much faster," Dube said. "Learning the process helps me appreciate the value and work put into the process of maple syrup."

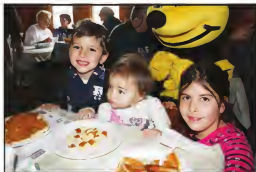
Christopher Mussat celebrated his 10th birthday at Agape last Saturday with his family. He said they came last year for his birthday and he had a blast, so he wanted to come again.

"It's cool to see how the sap gets made into maple syrup, and Sammy the Super Squirrel is great," he said.

Children can have their pictures taken with Sammy and Billy Bob the Busy Bee in the dining room.

Maple syrup is 60% sugar, hot maple taffy is also available and this year volunteers will offer beeswax candle-making demonstrations.

Visitors are welcome to go into the sugar shack and pur-



VICTORIA GRAY Staff Photo  
Spencer Burke, left, his sister Ella, and cousin Aaliyah Alfeiri spent Saturday morning at Agape Valley Sugar Bush with their grandparents for a day of fun and learning. The sugar bush is open every day this March break giving free guided tours and much more.

chase everything maple.

"It's a nice educational family day where the kids also get to learn something about our history," Dube said.

Following its March Break

daily opening, Agape Valley Sugar Bush is open Saturdays through March.

victoria.gray@sunmedia.ca  
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■ **WRITING:** Christian suspense writer Sandra Orchard

# Pelham author signing new book

WAYNE CAMPBELL  
Pelham News Staff

Sandra van den Bogaerds has a busy schedule.

The North Pelham resident, who writes under the name Sandra Orchard, has a book signing for her just released book, a soon-to-be confirmed contract for three more, and an appearance as a faculty member at a June writing conference.

Orchard writes Christian romance suspense novels under the Love Inspired Suspense label, part of Harlequin novels.

She will sign copies of *Shades of Truth* in a joint event with debut Love Inspired Historical novelist, Eva Maria Hamilton of Amherst, on Saturday, March 24, they will be at Heritage Christian Book Store in the Grantham Plaza, St. Catharines, from 1 p.m. to 3

p.m. The novel, the second in Orchard's Undercover Cops series, is set in a fictional Niagara town.

It depicts an undercover cop's mission to ferret out the book recruiting residents of a youth detention centre into a drug ring.

The hero, however, finds himself battling a compassionate police officer who threatens his mission and his heart, said Orchard.

While she's signing her books, her mind may be on a three trade-length book offer she has from a major or American Christian publisher.

They will be longer romance suspense novels with a different town and characters, although she will sneak in a Niagara setting.

"I could put the fictional Niagara town on Lake Erie or even Lake Ontario," she chuckled. It would have an

American state address to conform with the publishers' preference.

She said she couldn't reveal the publisher until the deal is signed.

In June, Orchard will be part of a panel at a Guelph writing conference called Write!Canada.

There she will be speaking to aspiring Christian novelists and will critique manuscripts. On piece of advice is to take time to learn the craft of writing before looking for a publisher.

It takes time and practise to develop the skills of writing and storytelling.

"My daughter plays the violin well," but it took years of practice and learning technique, she said.

Writing is the same. Unless you have a specific story to tell, such as an event or memoir, rushing to self publish could hurt a writer, she said.

If you don't sell well a publisher should not want to see a second book, she said.

"The hardest thing is to sell your second book if the first one bombs."

There is an advantage of having one or two practice books in your computer or desktop.

If you do have a successful book, a publisher will want you to come up with another quickly, she said.

By applying what you learned doing your successful book to revisions of the earlier ones, can get a writer rolling.

Nothing comes quickly in the writing business.

Orchard said she had almost forgotten about the proposal that led to her most recent three-book offer.

She submitted it about 16 months before. Eva Maria Hamilton's new, *Highland Hearts*, set in 1748 Scotland, tells the tale of a freed indentured servant



WAYNE CAMPBELL Staff Photo

Pelham writer Sandra van den Bogaerds, who writes under the name Sandra Orchard, holds a copy of her latest book *Shades of Truth*, a Love Inspired Suspense novel. For a book signing, she will join Love Inspired Historical novelist, Eva Maria Hamilton of Ancaster on Saturday, March 24, at Heritage Christian Book Store in the Grantham Plaza, St. Catharines, from 1 p.m. to 3 p.m.

who returns to Scotland for his true love only to find her betrothed to another man.

Orchard's and Hamilton's books are available in stores this month, wherever Harlequin series books are

sold, after which they will only be available by special order, from online retailers, or from Believer's Bookshelf in Beamsville and Heritage Christian Bookstore in St. Catharines.

## The Healthy Cupboard

W. Gifford-Jones, M.D.  
Naturally Synthesized Medical Journalist

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"When can I get another tube of MYO-MED?" a tennis friend asked me. I'd given him a sample of this cream when his arthritis was kept from playing tennis for several months. How was he back in the game. So how does this new all-natural, toxin-free analgesic help painful joints?

And why is it safer than other over-the-counter painkillers (aspirin)? Today, millions of North Americans suffer daily the agony of arthritis. Others see their quality of life diminished by sports injuries, backache, sinus medicines and the dangers of aging joints.

Quadrant treatment has been the use of nonsteroidal anti-inflammatory drugs. Unfortunately, too many people take these over-the-counter medications thinking they're as safe as M & M and candy. But every year 25,000 North Americans die from gastrointestinal complications due to this self-medicated remedy. It's a huge price to pay for pain relief. MYO-MED eliminates this problem. To my knowledge, no side effects

have been reported by using this natural cream.

But how is MYO-MED different from other over-the-counter painkillers? Remember that, due to increasing drug complications, it's important to know a medication does not contain. Today there are 300 different topical analgesics available in North America. But 90 percent of these products contain either salicylate salts. Sometimes use of the substance over a period of time has been associated with serious health problems and in rare cases can be fatal.

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MYO-MED consists of a combination of six anti-inflammatory ingredients proven to be effective in relieving a variety of painful conditions such as arthritis, bursitis, tendonitis and carpal tunnel syndrome. One of the main ingredients is capsaicin. These are naturally occurring compounds that help to reduce inflammation, pain and increase mobility. Another ingredient, Rhyolite Alkaline, is a wine-like plant native to the woods of Europe. It's particularly effective for the pain associated with tendonitis. It's also helpful in the treatment of neck, back pain and those suffering from Rheumatoid Arthritis. MYO-MED also has what's called a "Nose Delivery System" it's a process that quickly carries the cream to anti-inflammatory

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But how good is MYO-MED in easing pain? Researchers at the University of Connecticut carried out double-blind studies to test its effectiveness. One group of patients, suffering from osteo-arthritis of the knees, was treated with MYO-MED. A similar group received a placebo cream. But neither doctors nor patients were told which cream was the real MYO-MED. Thirty minutes after applying the cream, patients were tested to see how their disability was affected. How far could they get up their knee before it became painful? How well could they get up from a chair? How much time did it take to get up and down 11 steps? And how good was their balance?

Patients were then advised to apply their creams twice a day

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For 30 days. Both groups of patients were also provided with nutritional guidance to ensure neither group gained weight during the test period.

Researchers found that patients using MYO-MED noticed better function after 30 minutes. Further improvement occurred over the ensuing 30 days. Patients could feel knee looser, walked less to navigate stairs and rise from a chair. They also showed improved balance, strength and physical endurance.

MYO-MED combats another vital problem. It's logical that if a knee joint hurts, there's a natural tendency not to move it. But when you develop bursitis or if it's up to your neck too long. And people suffering from painful joints slowly but surely lose muscle mass. If they become less active. This can have a major effect on their way of life. Several professional athletes who have access to the best treatments available say that MYO-MED keeps them on the playing field. It has also kept me at the top throwing angles as the gun's recoil often leaves me with a painful shoulder. And my tennis friend couldn't be happier. It's surprise him with another tube at Christmas.

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■ **COUNCIL:** \$35,000 goes onto principal for property loan

# Pelham puts \$138,481 surplus into reserves

WAYNE CAMPBELL  
PelhamNEWS Staff

Town council expects a surplus of \$138,481 from its 2011 budget.

Treasurer Carl Pupo said the town is waiting for completion of the 2011 audit to confirm the surplus.

The surplus was outlined for council's general committee on Monday.

Pupo said it came from a combination of \$21,973 in increased revenues, and

\$133,275 in savings from decreased expenses.

The revenues included \$17,093 more from bylaw and parking sources.

In expenses, Pupo said "economies have been realized in materials and supplies, and contracted services due to competitive purchasing and reduction in scope requirements."

The town will put \$35,000 on the principal of a loan for the purchase of land at Regional Rd. 20 and Rice Rd.

The town bought 12.9 hec-

ares for \$3.5 million in 2005. Part of it was intended as a site for a recreational complex. The rest of it was to be sold off to recover the cost. The principal on the loan was down to \$2.151 million at the end of 2011.

A decision on the use of the property has yet to be made. That decision will be influenced by a report this summer from town's recreational facilities committee.

From the \$138,481 surplus for 2011, Pupo recommended putting \$50,000 into a commu-

nity improvement plan reserve fund.

In answer to a question from Ward 1 Coun. Larry Clark, she said it would bring that fund up to \$170,000.

Community improvement plan funds are used to encourage downtown property owners to upgrade building fronts. It can be combined with similar Niagara Region grants. Property owners in downtown Fonthill have recently drawn on the funds to supplement their spending.

The town will place \$25,000 into a facilities reserve fund for future work on town-owned buildings.

Another \$25,000 will go into a land-acquisition reserve fund with the remainder of the surplus, \$3,481, going into a working-funds reserve.

All recommended use of surplus funds ensures that the town is using its resources to secure short-term financial requirements while at the same time setting funds aside for future long-term require-

ments," said Pupo in her report. "This will eliminate any volatility in future operating budget requests."

Pupo said the surplus may have been higher except for a decrease in "payments in lieu" paid to the town by other governments. An annual assessment of the properties saw a decline of \$16,767.

"It is noted that all area municipalities together with Niagara Region are working together to correct the P.I.L. issue," she said in her report.

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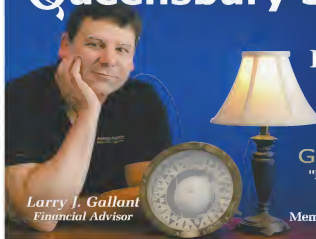
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Larry J. Gallant  
Financial Advisor

## Are your investments living up to your expectations?



Larry J. Gallant  
FINANCIAL VIEW  
ADVERTORIAL

The RRSP contribution deadline for the 2011 tax year has past. It's not all that surprising that many contributions went into guaranteed investment certificates (GICs) paying anywhere from 1.25%-2%. For many Canadians, investing has not been an enjoyable experience over the past few years. Perhaps you're one of them. After all, we've seen a lot of troubling news that makes the average investor leery about putting their hard-earned money into investments that have not met expectations. Much of this has to do with a market that can seem out of control with headline after headline of doom and gloom. However painful it

may be hear, today's interest on GICs will not get you to retirement and with today's inflation rates, will not allow you to maintain your current lifestyle.

Partnering with a Financial Advisor allows you to cut through all the "noise" associated with investing. Without this professional advice, investors have difficulty when making investment decisions because often emotion gets in the way. Being bombarded with information "overkill" makes it difficult to know where to invest on your own.

If you already have a Financial Advisor but still have feelings of dread when it comes to investing, perhaps it's time that you considered moving your portfolio to an Independent Financial Advisor. What's the difference between a Financial Advisor and an Independent Financial Advisor? Both are registered

and governed by the Ontario Securities Commission. The biggest difference is that Independent Financial Advisors are not associated with any one investment provider and therefore are not subject to monthly quotas or required to sell "in house" products. They offer true unbiased advice when recommending investment products. There are thousands of investments to choose from in Canada.

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Investment specialists agree that by partnering with an Independent Financial Advisor, you increase your chances of success. With over 30 years in the financial services industry, I'll work with

you to create a plan and tailor a portfolio that has the best chance to meet or exceed your goals within your risk tolerance. That's the best formula for a successful investing experience! To arrange a free no obligation review of your portfolio or to discuss this article, email [larry.gallant@queensbury.com](mailto:larry.gallant@queensbury.com), call me at 905-892-2100 or visit my website at [www.gallantfinancial.ca](http://www.gallantfinancial.ca).

Larry J. Gallant is an Independent Financial Advisor with Queensbury Securities Inc., a member of the Canadian Investment Protection Fund and the Investment Industry Regulatory Organization of Canada.

The comments and opinions expressed herein are not necessarily the opinions of Queensbury Securities Inc. Securities mentioned may not suit all types of investors. Before making any investment decision, contact your investment advisor to discuss your investment needs.



## ■ COUNCIL

# Wide spread in Pelham watermain tender bids

WAYNE CAMPBELL  
Pelham News Staff

A few eyebrows raised when town council looked at tender bids for replacement of the Church Hill watermain in Fonthill.

The nine ranged from a low of \$242,363 to a high of \$470,542.

Ward 3 Coun. Peter Papp wondered how the bids could be so far apart.

The highest almost doubled the lowest, he said.

The other seven were within \$100,000 of the lowest.

The contract went to the lowest bidder: O'Hara Trucking and Excavating Inc. of St. Catharines.

The town had budgeted \$335,000 for

the work, which treasurer Cari Pupo said is not revealed during the bidding process.

Allan Mannell, acting director of community and infrastructure services, said the town is familiar with the winning bidder.

You can never tell the thinking that goes behind bids, he said. It often depends on how much work a company has.

The Church Hill watermain is one of the oldest in Pelham.

The work will include replacement of service pipes to each lot from the watermain to the edge of the road allowance. It will also include a pressure reducing valve where the Church Hill watermain meets the Pelham St. watermain.

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■ **HOCKEY:** Irish average loss to Saltfleet in SOSSA championship

# Notre Dame off to OFSAA for first time in girls hockey

**BERND FRANKE**  
PelhamNEWS Staff

**WELLAND** — Revenge tasted a lot like mud — championship gold, to be exact — after Notre Dame defeated Saltfleet for the Southern Ontario Secondary Schools Association (SOSSA) girls hockey title.

In addition to giving the Fighting Irish their first-ever trip to the provincial finals, the 3-2 victory was payback for a disappointing loss to the Hamilton-area school in last year's final.

Notre Dame played two elimination games at the regional qualifying tournament which was held in St. Catharines and hosted by Denis Morris.

Fourth-year veteran Vanessa Vanderzalm, with four goals; and Kathryn Simpson scored to give the Irish a 5-1 victory over Grimsby in the seminals, with Vanderzalm, with two; and rookie Marquis Davoli accounting for the offence in the gold medal game.

Tori Menard played both games in goal for Notre Dame and was well on her way to earning a shutout in the rematch with Saltfleet when "a little penalty trouble" turned a 2-0 lead into a knotted score heading into the third period.

Fittingly, a penalty, this time called against Saltfleet, resulted in the Irish regaining the lead in the suddenly tense final. Davoli scored from the point on the power play with five minutes remaining in regulation, her eventual game winner starting a countdown that couldn't go fast enough on the Notre Dame bench.

"That was a long five minutes," recalled Fighting Irish coach Ted Shellhorne who, like his players, feared a repeat of last year's disappointing loss to Saltfleet in the gold medal game.

In the 2011 SOSSA final, which was played at Welland Arena, Vanderzalm scored twice in the final minute as Notre Dame rebounded from a three-goal deficit only to



Notre Dame players and coaches celebrate the high school's first-ever Southern Ontario Secondary Schools Association girls hockey championship after edging Saltfleet in a rematch of last year's final. front row, from left, Catherine Ottley, Marquis Davoli, Kean McDermott, Kylie Wilson, Sarah Simpson, Tiff any Campbell, Vanessa Vanderzalm, Kathryn Simpson, Mare Vanlankveld, coach Ted Shellhorne, back row, Katelyn MacDonald, coach Kevin Grand, Nikki Johnstone, Hannah Vanlankveld, Taylor Morris, Tori Menard and coach Angela Belcastro.

Supplied photo

fall short in a 4-3 loss.

Shellhorne called the win for the SOSSA championships the team's best game of the season so far.

"We played flawlessly. That was probably the best team we beat all season. Our players are a year older. They weren't intimidated this year."

As last year, when they compiled an overall record of 25-5-2, the Fighting Irish were equally formidable going 23-2-3 this year. Their only two losses on their way to the Ontario Federation of

School Athletic Association triple A and quad A championships March 20-23 in Mississauga were to E.L. Crossley, a double A school.

"To have two teams going to OFSAA just goes to show how strong girls' hockey is becoming in the Welland area," Shellhorne said.

Despite a nearly unblemished record this season, Notre Dame had to overcome adversity, especially off the ice where the team had to cope with two deaths. Bill Campbell, whose daughter Tiffany is one of

the squad's veteran leaders, was killed Dec. 13 in a collision on Hwy. 401 near Ingersoll while the team was competing at a tournament in London, Ont. Less than two weeks later schoolmate Julia Turner, who played field lacrosse with many of the girls on the hockey team, lost her battle with cancer. She was only 15.

"They stand up for each other, they never lose hope," said Shellhorne, who called the "strength of the unit" the team's greatest strength.

"There's a lot of character

on the team."

Notre Dame will play four games at the 16-team, all-Ontario finals being played in Mississauga, either advancing to the championship or consolation side of the bracket following three games in pool play.

Shellhorne doesn't know who the Irish will be playing but expects to face nothing but top-calibre competition.

"It will be a challenge. Some of those Toronto schools are huge," he said.

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■ **SKATING:** Fourth in regional

## Fonthill girl wins gold

For PelhamNEWS

Local figure skater, Amber Snyder, representing the Team Winter Club of St. Catharines, has enjoyed an exceptional year competing in the Women's Junior Bronze Starskate category.

At 12 years of age, Amber trains six days a week with her coach Ron Shaver of St. Catharines and Fort Erie Skating Club.

Working with a great

coach coupled with her hard work and dedication to the sport has proved successful.

She recently won a Gold Medal in her flight and fourth overall out of 63 competitors at the Western Ontario Starskate Championships, in Kitchener, Ont.

Amber also won a Silver Medal at the John Mackey Memorial in Tillsonburg and the Charles Dore Memorial in Grimsby this past season.



Supplied Photo

Fonthill's Amber Snyder and her coach Ron Shaver at the Western Ontario Starskate Championship in Kitchener. Amber recently earned a gold standing.



## ■ PELHAM COMMUNITY FUND OFFICIALLY ESTABLISHED



WAYNE CAMPBELL Staff Photo

Mayor Dave Augustyn and Mel Groom, president of the Niagara Community Foundation, sign papers to officially establish the Pelham Community Fund. Annual earnings from the fund will support the work of charities providing programs and services in the Pelham community. Surrounding Groom and Augustyn at Pelham Town Hall are members of the Mayor's Gala committee. Front from left are Ursula Radbone, Augustyn, Groom, are Jean Bancroft, while in back are Ian Hamilton, Martha Toscher, Ross Macfarlane, Leah Ugulini and Jordan Arcaro. Half the proceeds from the Mayor's Gala on May 26 will go to the Pelham Community Fund. The Niagara Community Foundation has a number of community and personal funds under its investment umbrella including funds for Welland, St. Catharines, Niagara Falls, Port Colborne, and Niagara West (Grimby, Lincoln and West Lincoln.)

## ■ SOBEY'S HELPING IN SEARCH FOR GREAT KIDS



VICTORIA GRAY Staff Photo

The Tribune, represented by circulation manager Karin Vanderzee, right, acknowledges Fonthill Sobey's owner Ron Kore as a bronze-level sponsor for the 2012 Search for Great Kids of South Niagara. Six youths will receive a \$500 RESP from Meridian Credit Union, Nomination forms are available inside The Tribune and will be accepted until March 16.

## ■ pelhambriefs

## PELHAM ACTS ON THOROLD RESOLUTION

Town council partially supported a Thorold city council resolution relating to the closure of Thorold Secondary School.

Thorold circulated a resolution to area municipalities calling on Ontario school boards to respect the planning principles of Smart Growth and abide by the Provincial Policy Statement and Place to Grow Act.

It asked the Ontario

government to direct the District School Board of Niagara to refrain from closing the high school.

Pelham town council endorsed the resolution with the exception of demanding Ontario stop the closure.

Ward 2 Coun. Gary Accursi said he understood the impact that closing a high school has on a community, but he was not comfortable supporting that part of the resolution.

"We don't know the process behind the school board's decision to close the school," he said.

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■ **NOTRE DAME:** Three bands headed to Ottawa

# Music students crave gold

MARYANNE FIRTH  
PelhamNEWS Staff

WELLAND — It might be the golden opportunity Notre Dame College School has been waiting for.

Musicians from the Smith St. school have travelled to Ottawa four of the past seven years in an attempt to claim gold at MusicFest Canada.

And after snagging a gold and two silver medals at the regional Golden Horseshoe MusicFest at the end of February, they'll be heading back for one more kick at the proverbial can.

But they can be mistaken — in their four visits to the national event, the local musicians didn't come home empty handed.

They've earned seven silver medals, making the craving for gold that much more tangible.

MusicFest Canada's 40th year takes place May 14 to 17 at the Canadian National Arts Centre.

"They're ecstatic to be going," director Fraser Hebert said of his students.

Four bands from the school participated in the regional competition in February, including the senior jazz band, which claimed a gold medal in the jazz division, jazz combo, concert band and junior concert band. The



Forty-five Notre Dame College School musicians are heading to Ottawa in May to compete at Canada MusicFest. Shown are members of the Notre Dame jazz band including, front from left, Adolfo Cocolino, Kayla Fuller and Jenna Cino, and, in back from left, Chris Garafalo, Derek Naar, Zach Marchis, Jarett Giroux.

concert bands each claimed a silver medal at regionals.

Last year, Notre Dame received three gold medals at the regional level, earning the school an instant invitation to attend this year's nationals.

Three of the four bands will attend, with only the junior concert band staying behind.

While at the competition, students not only perform but also participate in a series of workshops with "world-class musicians," Hebert said.

It's an experience all 45 are greatly looking forward to, he

added.

mfirth@wellandtribune.ca  
Twitter: @mfirth2012

■ **HOCKEY:** Division A playoffs

For PelhamNEWS

The McDonalds Atom Tigers ended their six-game Division A playoffs with a 3-1-2 record, good enough for third place in the 18-team Niagara District Local League.

Their first game was a fast-paced match against Niagara-on-the-Lake No. 1. The Tigers held a 3-1 lead at the end of the second period thanks to goals by Wyatt Glancy from Harmon Narbonne and Drew Colangelo, Jack Obedy from Narbonne and Nicholas Longo, and Elijah Taylor from Mitchell Karnay. But NOTL came on strong in the third period, and despite another Tiger goal by Narbonne, tied the game with just 18 seconds remaining on the clock.

The Tigers' second game was never in doubt as they faced West Lincoln No. 2. The

Tigers took an early lead on a goal from Dan Durkin from Elliot Song. Other goals in the 8-1 win came from Elijah Taylor, two from Harmon Narbonne, Tyler Scott, Longo, Glancy and another from Durkin.

The Tigers suffered their first playoff loss against Pelham No. 4, with the only Tiger goal posted by Dan Durkin.

The Tigers' game against NOTL No.2 opened with a scoreless, hard played first period. Elijah Taylor found the back of the net to give the Tigers the lead. The team took control in the final frame when Harmon Narbonne scored. Drew Colangelo put a nice little backhand in the back of the net, and Taylor capped off the 4-1 victory with his second goal of the night.

The Tigers and West Lincoln

No. 3 traded goals with each other throughout an intense game. West Lincoln was first to score, but the Tigers held a 2-1 lead at the end of the 1st period thanks to goals by Dan Durkin and Wyatt Glancy.

After West Lincoln tied it up again, Taylor took a one-man charge to the net to return the Tigers to the lead. West Lincoln again responded and the game ended in a tie after curfew was called on time midway through a Tigers' power play.

The Tigers' final game was a rematch with NOTL No. 2. The first goal of the game was a highlight-reel-worthy one as Harmon Narbonne took a shot from his knees that found its way past the netminder. That was the first in a hat trick game for Narbonne. Taylor netted his own goal and Durkin scored twice in the 6-2 win.

## Easter In Memoriams

Remember your loved one  
this Easter with an In Memoriam  
publishing in The Tribune,

**Saturday, April 7th, 2012**

Be sure to have your copy and  
photo (if desired) to The Tribune  
office prior to 1:00 p.m.

Friday, March 30, 2012

or call toll free

**1-866-541-6757**

## Public Notice

Public Meeting for the  
Central & South St. Catharines and Thorold  
Secondary Accommodation Review  
will be held at:

**KERNANAH PARK SECONDARY SCHOOL**  
91 Bunting Road, St. Catharines, Ontario

Thursday, March 29, 2012 at 6:00 p.m.

Schools involved in the review area are:  
Kernanah Park, Sir Winston Churchill,  
St. Catharines Collegiate, West North and Thorold

DISTRICT SCHOOL BOARD OF NIAGARA  
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Limit: One ballot per reader.

Please note: All categories do not have to be fully completed.

\* Non Subscribers win \$50



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Dated at Port Colborne, Ontario this 24th day of February, 2012.

Christopher E. H. Wilson, Estate Trustee  
c/o WILSON, OPATOVSKY Barristers & Solicitors,  
190 Elm Street, P. O. Box 99  
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Dated at Port Colborne, Ontario this 24th day of February, 2012.

Jim Munro, Estate Trustee  
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Dated at Port Colborne, Ontario this 24th day of February, 2012.

Jim Munro, Estate Trustee  
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190 Elm Street, P. O. Box 99  
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Remember your loved one  
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**Saturday, April 7th, 2012**

Be sure to have your copy and  
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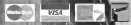
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ITALIAN SAUSAGE**

**SAVE  
\$100  
LB.**

**3<sup>99</sup> lb.**

**FRESH ONTARIO PORK  
BONELESS SHOULDER  
BUTT STEAKS**

**SAVE  
\$150  
LB.**

**2<sup>99</sup> lb.**

**Friday, Saturday, Sunday**

*Sealtest*

## CHOCOLATE MILK

**1 LITRE  
CARTON**

**\$1**

6 Carton  
Limit

## GREEN GIANT VEGETABLES

Peas, Green or Wax Beans, Niblets, Cream Corn

12/14 oz Can



**\$1**

12 Can Limit

## ROMAN BRAND LASAGNA OR CANNELONI

2 lb./2.25 lb. tray



**SAVE  
\$300**

**3<sup>99</sup>**

6 Pkg Limit

## WONDER + BREAD WHITE or 100% WHOLE WHEAT

675 g  
loaf



**1<sup>99</sup>**

6 Loaf Limit

## CLOVERLEAF FLAKED LIGHT TUNA

in water

170 g  
can



**\$1**

## ROYALE FACIAL TISSUE

Box of 88 or 132



**\$1**

## ROBIN HOOD FLOUR

10 kg bag



**SAVE  
\$600**

**9<sup>99</sup>**

2 Bag Limit

## CALIFORNIA SWEET JUICY SEEDLESS ORANGES



**79¢ lb.**

## NO. 1 GRADE ONTARIO ENGLISH CUCUMBERS



**79¢**

Each

## NO. 1 GRADE CALIFORNIA BROCCOLI



**\$1**

Each

## FANCY GRADE ONTARIO RED DELICIOUS or MUTSU APPLES



**99¢ lb.**

## NO. 1 GRADE ONTARIO BEEFSTEAK TOMATOES



**1<sup>49</sup>**

lb.

## NO. 1 GRADE MEXICAN SWEET ONIONS



**99¢ lb.**